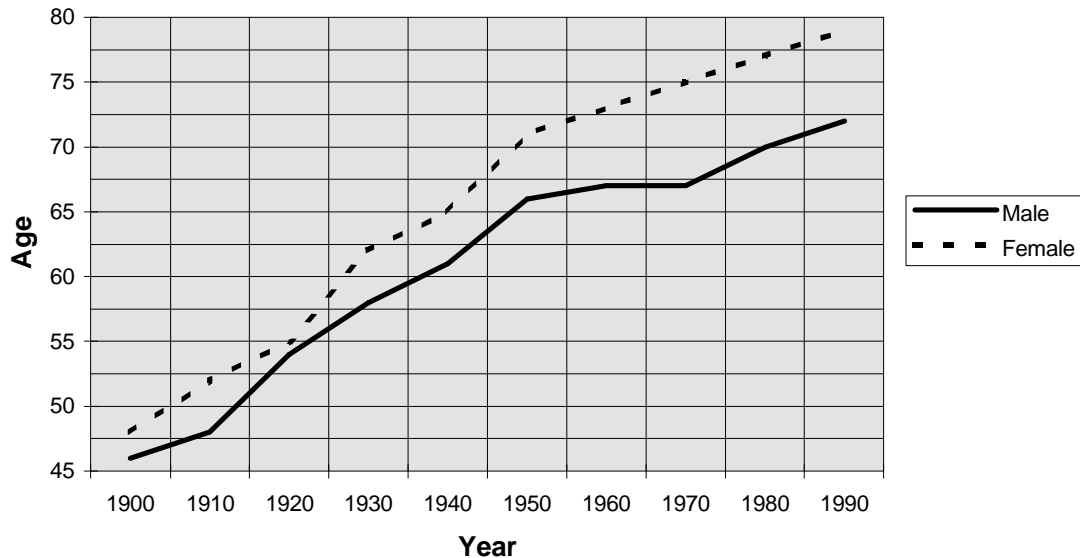


Section I: The Burden of Chronic Conditions

Life Expectancy

Figure 1. Life Expectancy at Birth by Birth Year, and Sex. U.S., 1900-1990.

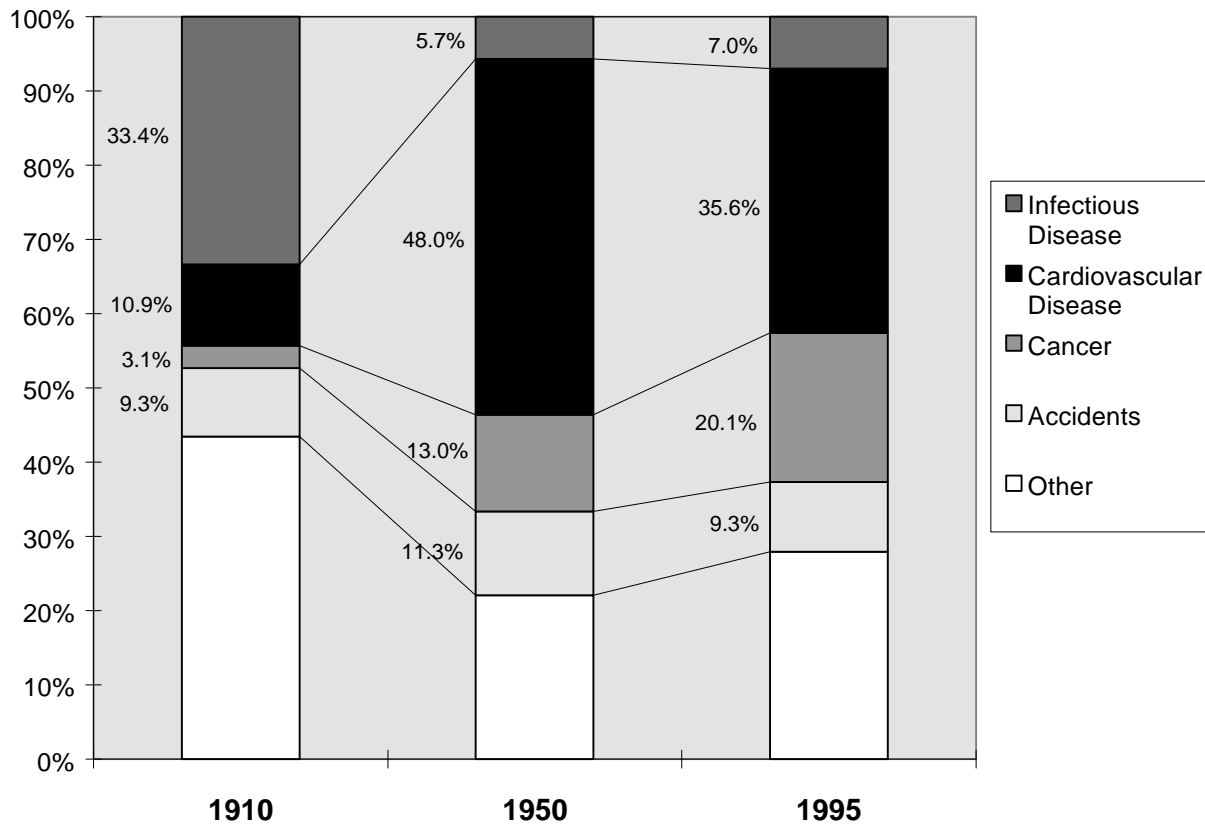


Source: Chronic Care in America: A 21st Century Challenge

Increases in life expectancy have resulted from advances in the medical field, against infectious diseases among young adults and children, and in reducing mortality rates from several chronic diseases. Although those gains certainly are applauded by society, they have also increased the number of individuals living with chronic medical conditions or limitations in activity.

Changes in Leading Causes of Death During the Twentieth Century

Figure 2. Proportion of Deaths from Selected Causes, Utah: 1910, 1950, and 1995.



Source: Utah Death Certificate Database

Infectious Diseases - ICD9 codes 001-139, 460-487, 680-709

Cardiovascular Disease - 340-459

Cancer and Other Neoplasms - 140-239

Accidents - E800-E999

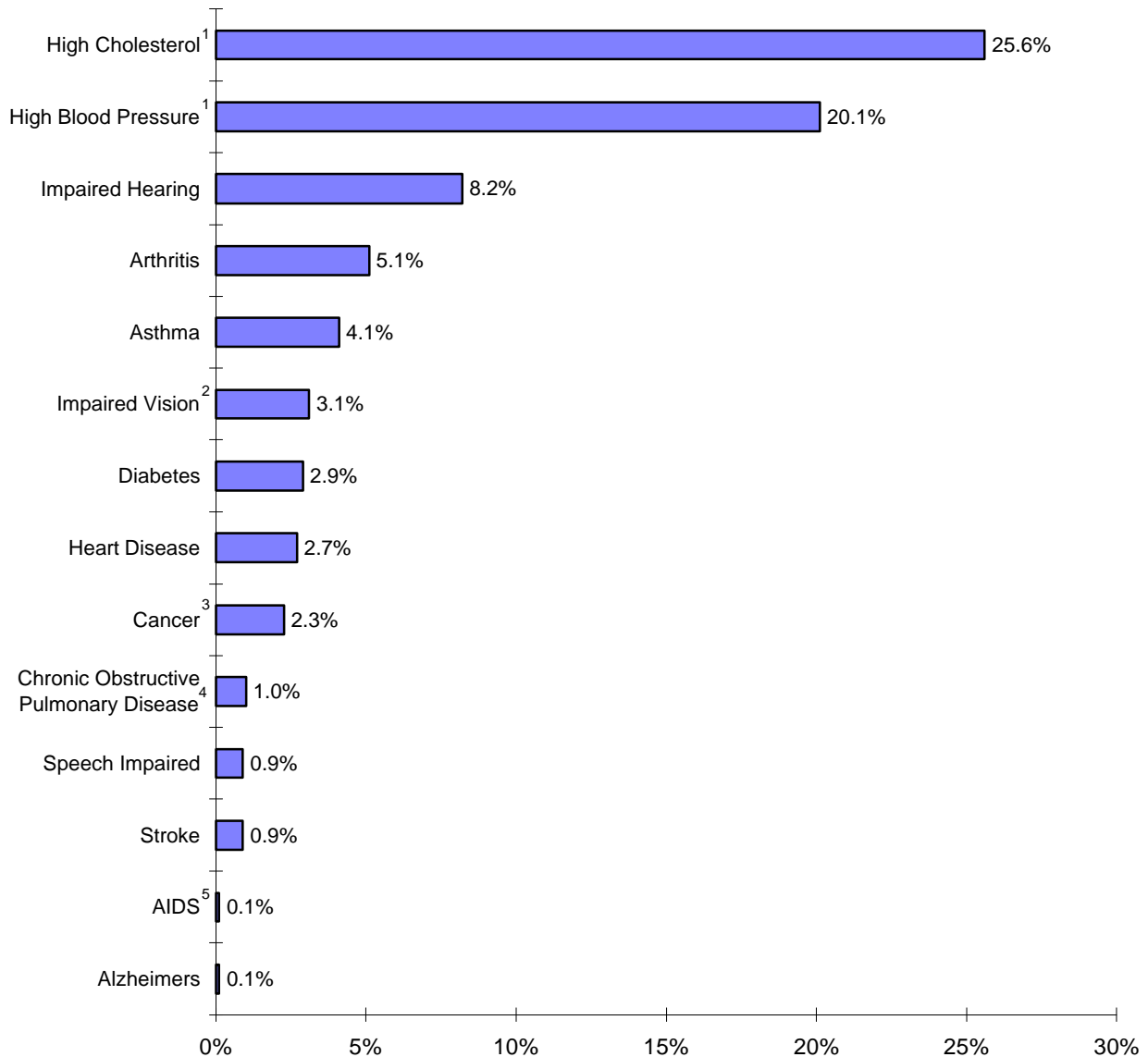
Other - 240-389, 490-676, 710-799

Infectious diseases have been replaced as the leading causes of death for Utahns by chronic diseases, especially cardiovascular disease.

Prevalence of Selected Chronic Medical Conditions

If one includes high blood cholesterol and high blood pressure, about one quarter of Utahns have one or more chronic medical conditions.

Figure 3. Reported Prevalence Rates of Selected Chronic Conditions. Utah, 1996.



1 Analyses included only adults age ≥ 18 who reported having been tested.

2 Vision impaired was defined as "serious difficulty seeing, even while wearing glasses or contact lenses.

3 Cancer prevalence estimated by the Utah Cancer Registry

4 Chronic bronchitis or emphysema

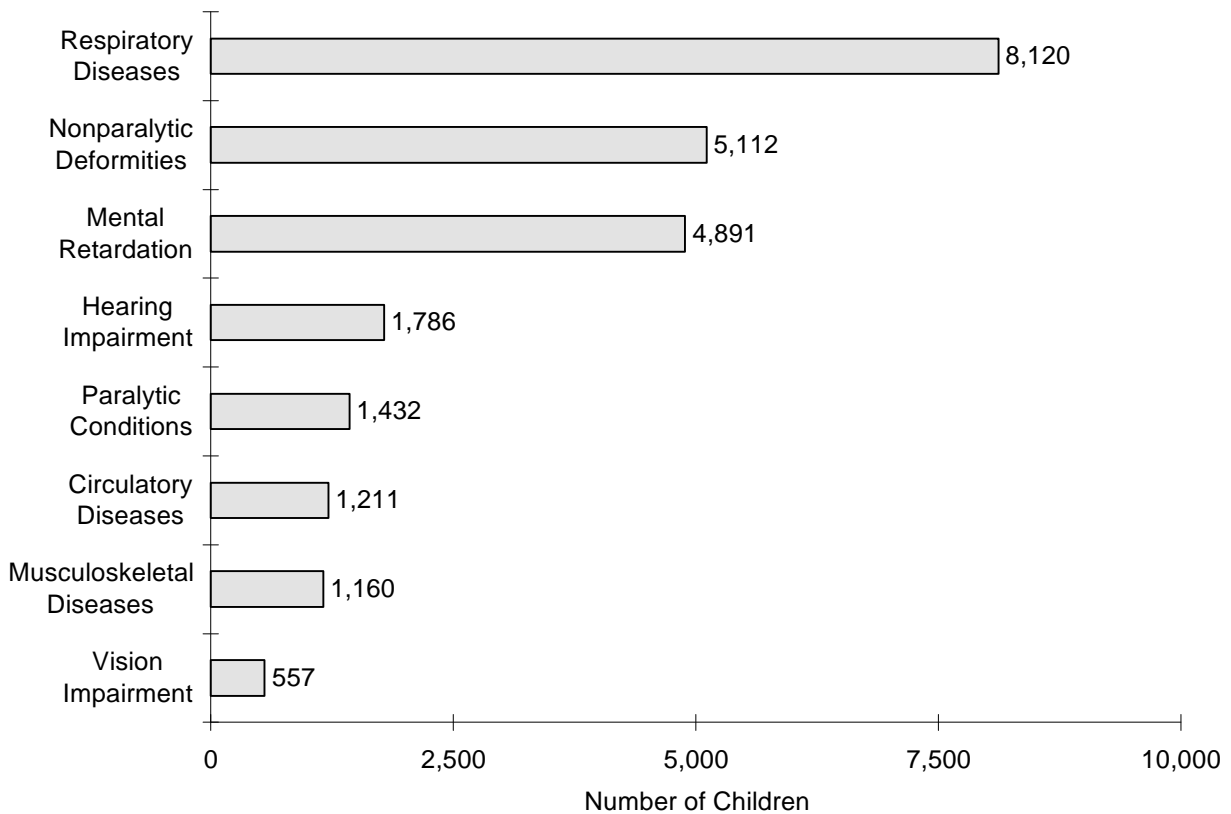
5 AIDS prevalence estimate, Bureau of Surveillance and Analysis, 1996.

Source: 1996 Utah Health Status Survey, Utah Department of Health

Disabling Chronic Conditions in Children

In 1991, over 24,000 Utah children suffered from disabling chronic conditions. Nonparalytic deformities, paralytic conditions and musculoskeletal diseases accounted for one third of the chronic conditions in infants and children.

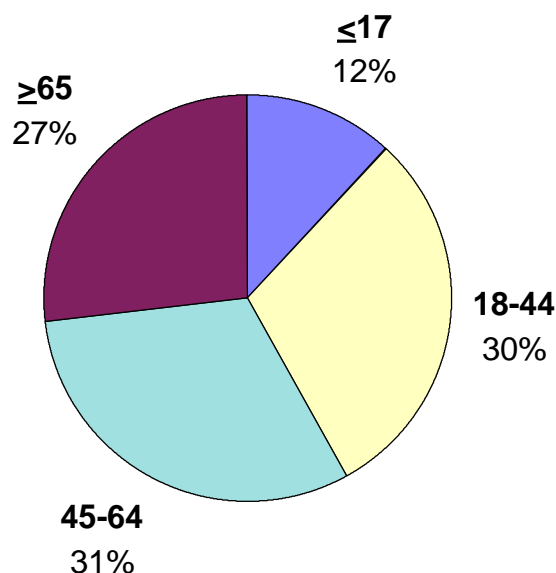
Figure 4. Estimated Numbers of Children (Age ≤ 21 Years) With a Chronic Condition. Utah, 1991.



Source: "State Estimates of the Prevalence of Chronic Conditions Among Children and Youth." Paul W. Newacheck, DrPH, Maternal and Child Health Policy Research Center, June/91.

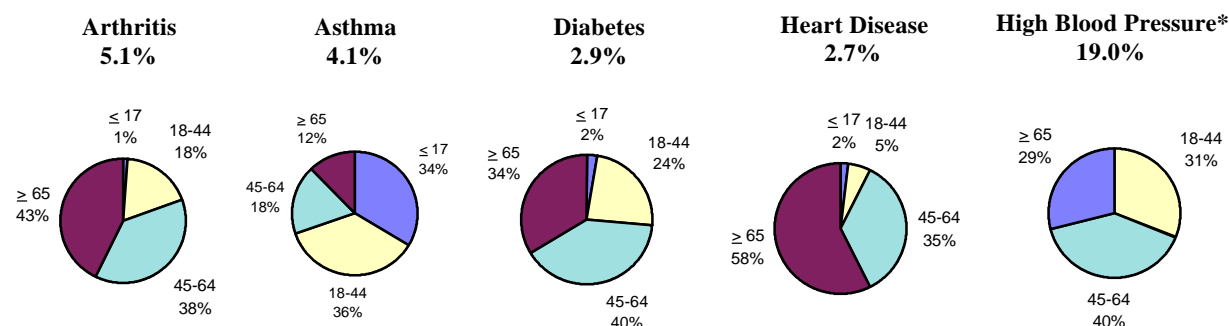
Only 1 in 4 Living in the Community with a Chronic Condition is Elderly

Figure 5. Percentage Distribution of Noninstitutionalized Persons with Chronic Conditions*, by Age Group. Utah, 1996.



*Conditions examined in this figure include Alzheimer's disease, asthma, arthritis, diabetes, chronic obstructive pulmonary disease, stroke, heart disease, and hearing, vision, or speech impairment.

Figure 6. Overall Prevalence Rates and Percentage Distributions by Age Group of People With Selected Chronic Conditions. Utah, 1996.

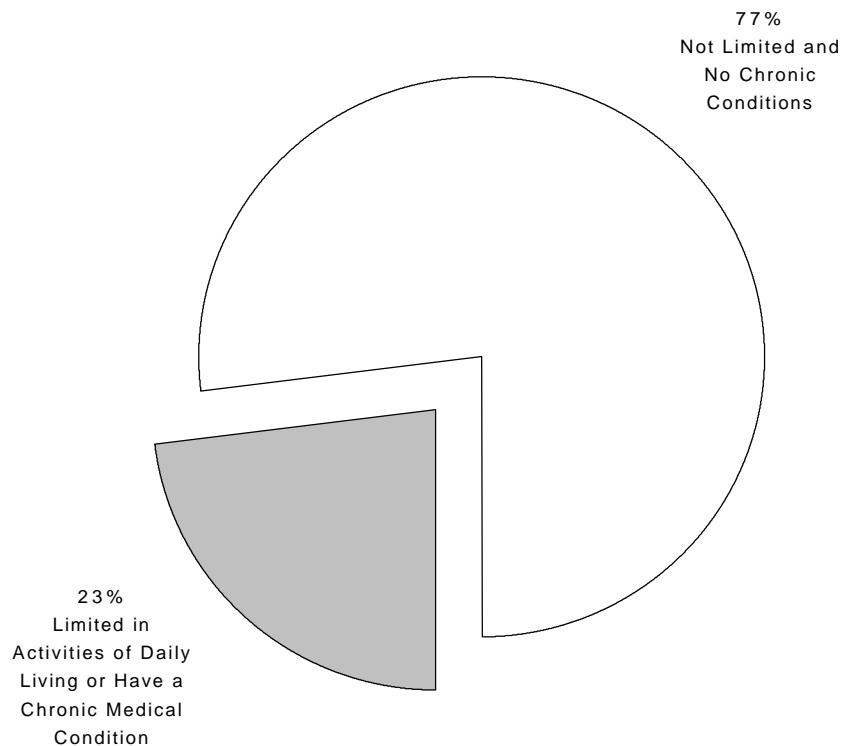


* Graph of high blood pressure includes only adults age ≥18 who reported having been tested.

Source: 1996 Utah Health Status Survey, Utah Department of Health

Some chronic conditions, such as arthritis, affect the elderly predominantly. Others, such as asthma, affect persons of all ages.

Figure 7. Percentage of Utahns Limited in Activities of Daily Living or Living with a Chronic Condition*. Utah, 1996

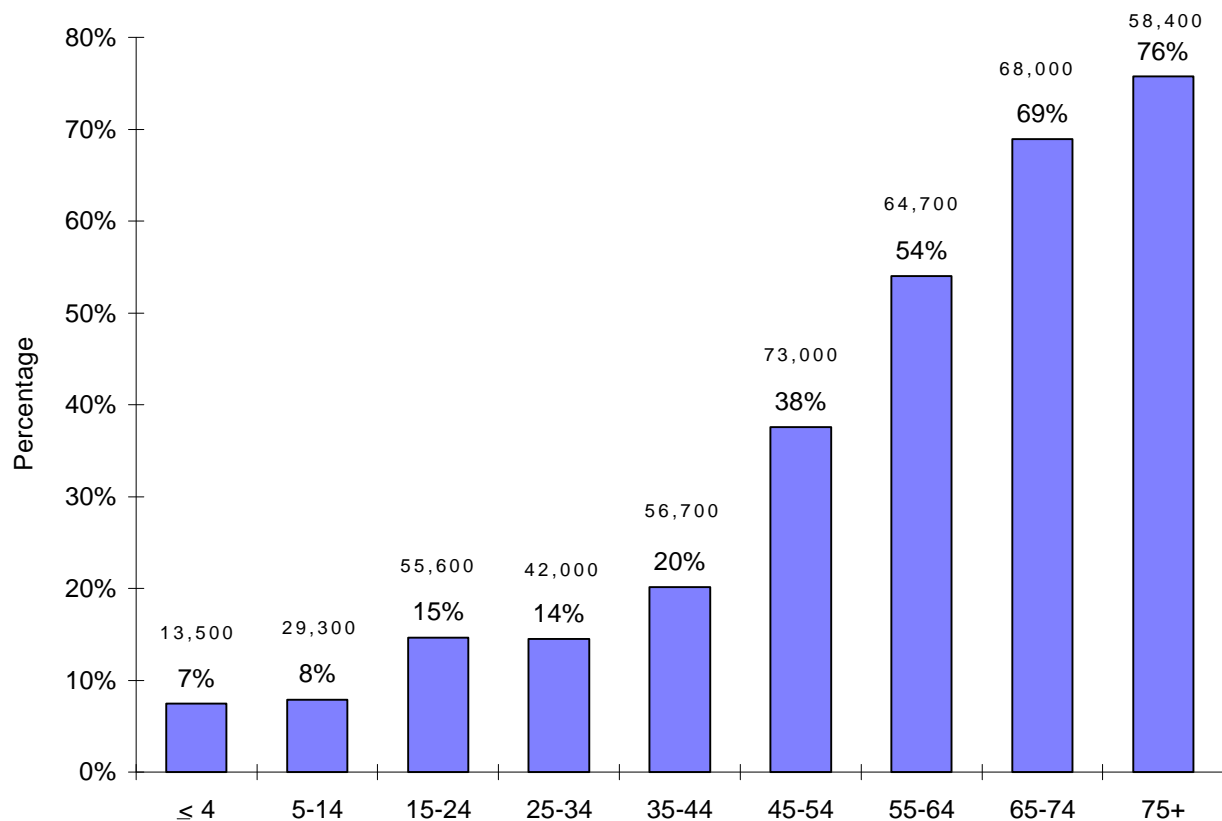


*Conditions examined in this figure include Alzheimer's disease, asthma, arthritis, diabetes, chronic obstructive pulmonary disease, stroke, heart disease, and hearing, vision, or speech impairment.

Source: 1996 Utah Health Status Survey, Utah Department of Health

In 1996, about 460,000 Utahns (23%) reported a limitation in performing usual activities because of an impairment or health problem, or had one of ten chronic medical conditions, or both.

Figure 8. Percentages and Numbers of Utahns Who Are Limited in Activities of Daily Living or Living with a Chronic Medical Condition*by Age Group. Utah, 1996



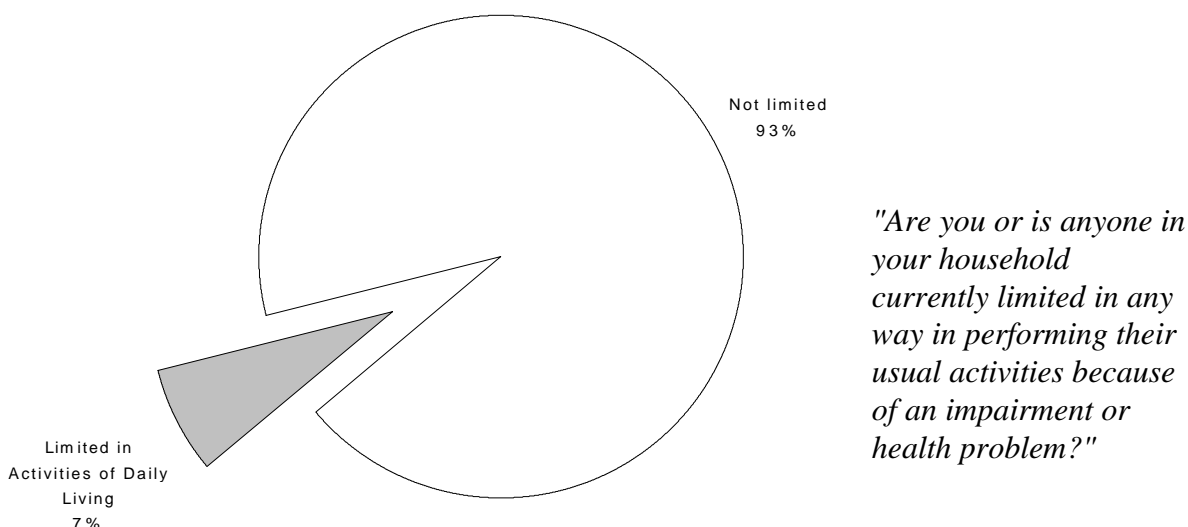
*Conditions included Alzheimer's disease, asthma, arthritis, diabetes, chronic obstructive pulmonary disease, stroke, heart disease, and hearing, vision, or speech impairment.

Source: 1996 Utah Health Status Survey, Utah Department of Health.

It has often been said that Americans are living longer and healthier lives. However, chronic conditions that limit activities seem likely to be more of a problem in the future. Chronic conditions increase both in number and severity with aging. The higher prevalence of chronic conditions among the elderly, combined with a growing population of elderly people, will lead to a substantial increase in the absolute number of people in Utah with chronic care needs in the 21st century.

Who Has Limitations in Activities?

Figure 9. Percentage of Utahns Limited in Activities of Daily Living. Utah, 1996.



Source: 1996 Utah Health Status Survey, Utah Department of Health.

One in fourteen Utahns (7.2%, or about 140,000 people) reported that they were limited in performing usual activities (such as working at a job, doing housework, walking, preparing meals, or other personal care activities) because of an impairment or health problem. That percentage does not include Utahns living in institutions such as nursing homes and may underestimate the actual number of Utahns who are limited by as much as half because of the wording of the survey question.

Limitation of activity refers to a long-term reduction in a person's ability to perform the average kind or amount of activities associated with their age group. People are classified based on ability to perform the major activity usually associated with their age group: ordinary play for children under 5 years of age, attending school for those 5-17 years of age, working or keeping house for persons 18-64 years of age, and capacity for independent living (e.g., the ability to bathe, shop, dress, eat, and so forth, without needing the help of another person) for those 65 years of age and over.

Extent of Activity Limitation - Persons Age 64 and Under

Each person under age 65 was classified into one of four categories according to their ability to perform activities of daily living:

- unable to perform the major activity;
- able to perform the major activity but limited in the kind or amount of that activity;
- not limited in the major activity but limited in the kind or amount of other activities; and
- not limited in any way.

Figure 10. Percentage of Utahns With Limited Activity According to Extent of Limitation. Utahns Age 64 and Under, 1996.

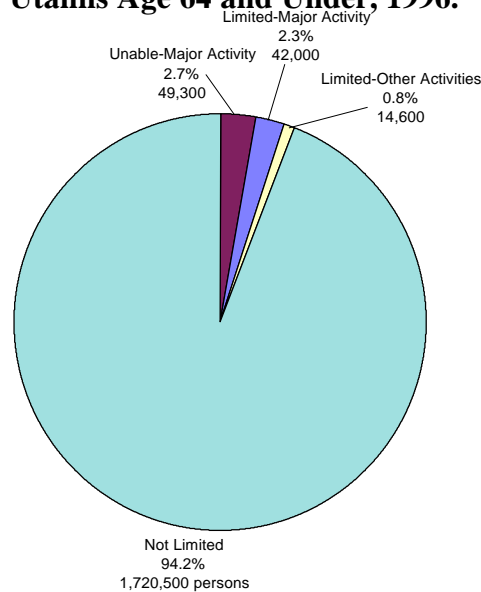
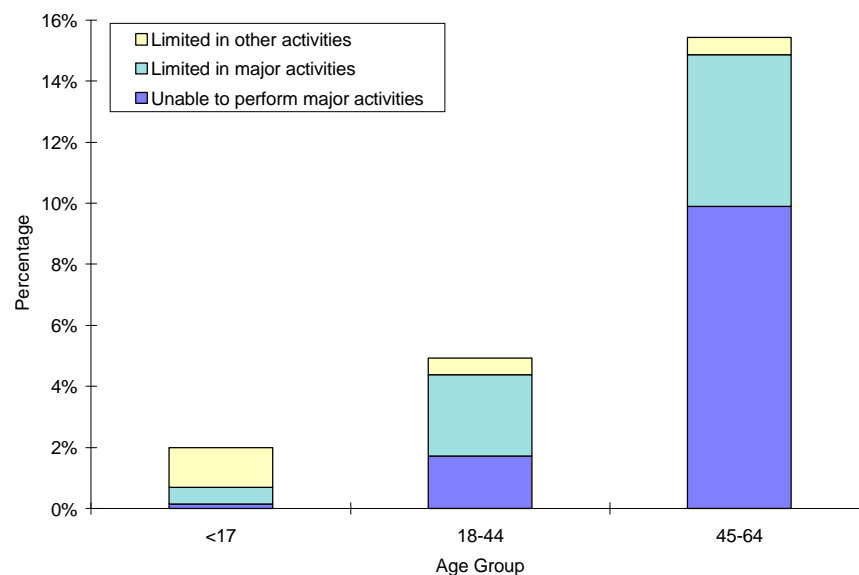


Figure 11. Percentage of Utahns with Limited Activity According to Extent of Limitation, by Age Group. Utahns Age 64 and Under, 1996.

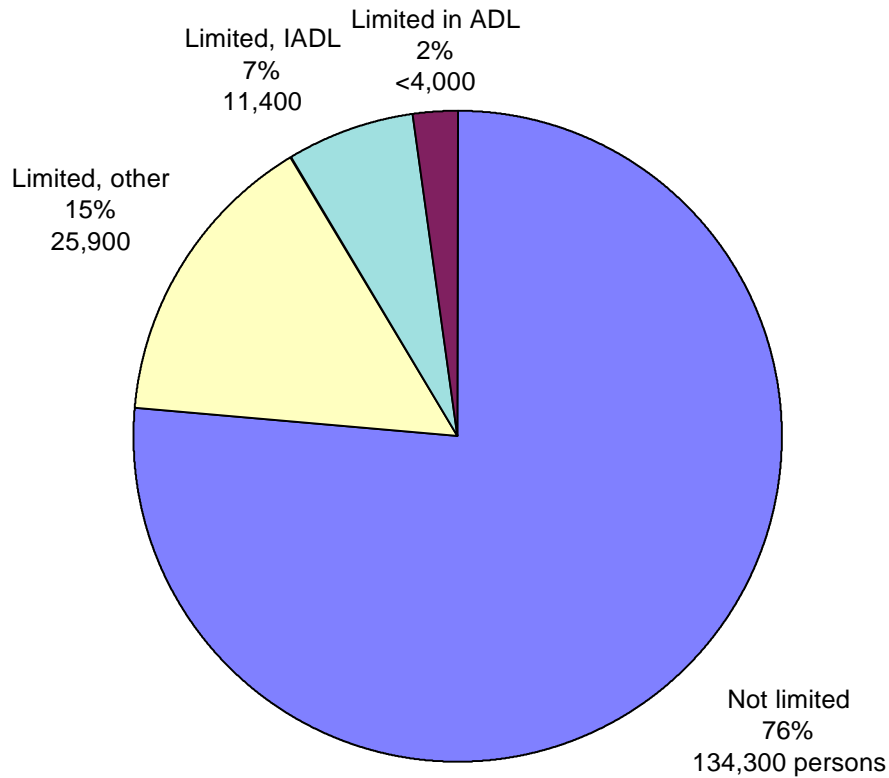


Source: 1996 Utah Health Status Survey, Utah Department of Health

Extent of Activity Limitation - Persons Age 65 and Over

Persons age 65 or older were classified as either having no limitations, having limitations in Instrumental Activities of Daily Living (IADL) such as shopping and household chores, having limitations in Activities of Daily Living (ADL) such as eating, bathing, and dressing, or being limited in some other way.

Figure 12. Percentage of Utahns With Limited Activity According to the Extent of Limitation. Utahns Age 65 and Over, 1996.



Source: 1996 Utah Health Status Survey, Utah Department of Health.

Certain segments of society are more likely to have and be disabled by a chronic condition than others, notably the elderly, the poor, and those who have more than one chronic condition.

However, the elderly are not the only ones with disabling chronic conditions. Chronic conditions affect people of all ages, from newborns to the elderly, and all strata of society, from the poor to the very wealthy.

Utahns with Limitations in Activities of Daily Living

Infants and Children (under 18)

In 1996, over 13,000 Utah children (2 percent of all children) were reported to have a limitation performing usual activities because of an impairment or health problem.

It is commonly believed that most children with severe impairments die early in life or depend on major medical technologies to live at home. However, that belief is incorrect; the impact of a chronic condition on a child and that child's family varies by the type of impairment or illness. Nevertheless, families of children with chronic conditions share a common set of challenges: high health care costs, greater care taking responsibilities, obstacles to an adequate education for the child, and the additional stress those issues create for the entire family.

Working-Age Adults (18-64)

One in twelve working-age Utahns - nearly 100,000 men and women reported a limitation performing usual activities because of an impairment or health problem in 1996.

In Utah, one in twenty (41,000) young adults (18-44) had an activity-limiting chronic condition. Degenerative chronic illnesses begin to surface in young adulthood: high blood pressure and arthritis are common chronic conditions in this age group.

One in six middle-aged adults (45-64) were limited by a chronic condition in 1996, and more than 30,000 (64 percent) of those who were limited were unable to carry on their major activity, such as retaining a paying job or performing housework. These middle-aged Utahns are more than three times as likely to be limited by their chronic impairment or health problem than young adults.

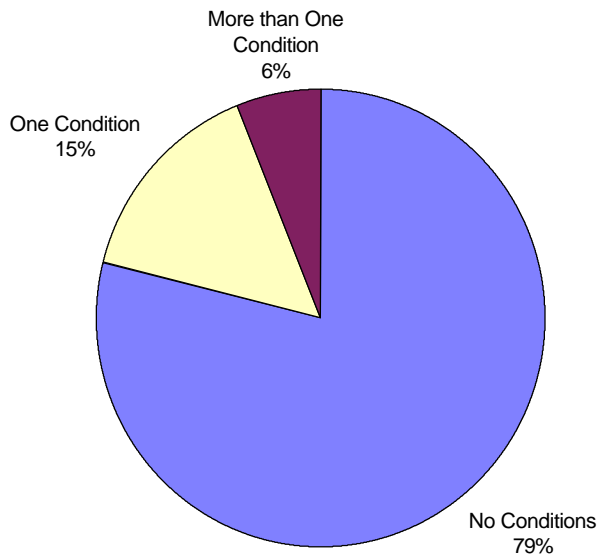
Senior Citizens (65 and over)

In 1996, one-fourth of Utahns age 65 or over not living in institutions (nearly 44,000) reported a limitation performing usual activities because of an impairment or health problem. While the elderly are more likely to have a chronic condition, they account for only about a quarter of all persons who live with chronic conditions. However, several of the conditions most prevalent among the elderly tend to be disabling, which accounts for the high rate of disability in this age group. Conditions such as arthritis, high blood pressure, and heart disease may begin in middle age, but often progress in terms of severity of symptoms and the degree to which they limit a person, as the person ages.

Some chronic conditions are disabling only some of the time and only require episodic care. Chronic conditions do not always get worse; the health status of a person with a chronic condition can improve or deteriorate.

People with More than One Chronic Condition

Figure 13. Percentage of Utahns with One or More Than One Chronic Conditions, 1996.



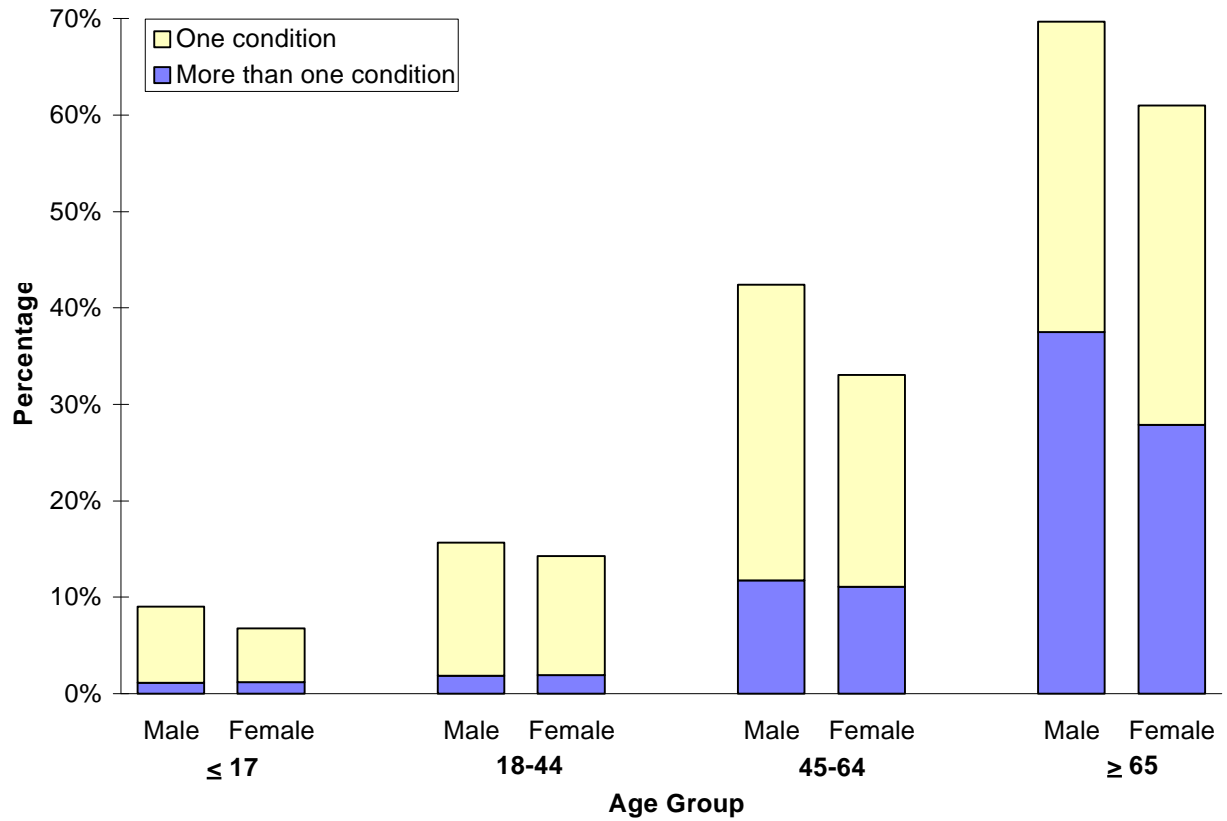
A comorbidity, the technical term for having more than one condition at a time, adds to a person's health burden. Nearly twenty percent of people with chronic conditions have more than one condition to manage. When the conditions are serious, comorbidity puts people at greater risk of disability, and can result in physical limitation (such as the inability to walk) and role limitation (such as not being able to work).

Source: 1996 Utah Health Status Survey, Utah Department of Health

People with comorbidities have substantially more physician contacts and are more likely to be hospitalized each year than those with only one chronic condition. They are also far more likely to have difficulty with their personal care. As a person's chronic conditions increase in number, so do their chances of being limited in the basic activities of daily living (such as eating and bathing).

The risk of comorbidity is greatest among the elderly. As people age, they face an increasing risk of having multiple chronic conditions. Although comorbidities tend to accumulate with age, over 7,000 Utah children have more than one chronic condition. Compared to those with only one chronic condition, these children are more likely to be limited in their activity, spend more days in bed, and have more school absences.

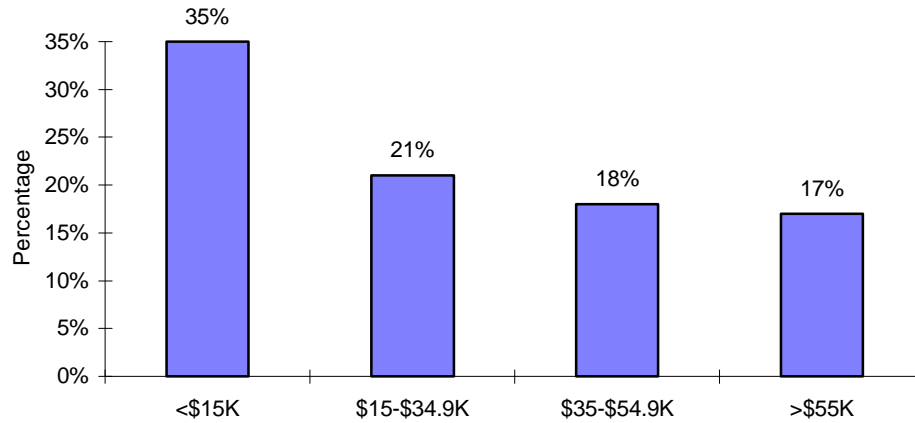
Figure 14. Percentage of Utahns with One and More Than One Chronic Condition, by Age and Sex, 1996.



Source: 1996 Utah Health Status Survey. Utah Department of Health.

Poverty and Chronic Medical Conditions

Figure 15. Percentage of Utahns with a Chronic Medical Condition by Annual Income, 1996.



Source: 1996 Utah Health Status Survey, Utah Department of Health

People in Poverty

People living in poverty are more vulnerable than others are to the risks, situations, and illnesses that can result in permanent activity-limiting conditions.

In 1996, over one-third of Utahns with household incomes of less than \$15,000 per year had one or more chronic medical conditions. One in three Utahns with a chronic medical condition had incomes of less than \$35,000.

Several conditions, such as asthma, arthritis, diabetes, high blood pressure, and heart disease, are more prevalent among poor Americans.¹

Access to and Utilization of Health Care Services

In 1996, two percent of all Utahns (or about 50,000 persons) reported that they had a problem with access to health care services. Among those who reported an access problem, 83% reported that the reason for the problem was financial. Utahns with chronic medical conditions were more likely to have been hospitalized in the last year, and had more doctor visits than those without a chronic medical condition.

Figure 16. Percentage of Utahns Who Had a Problem with Access to Health Care Services, 1996.

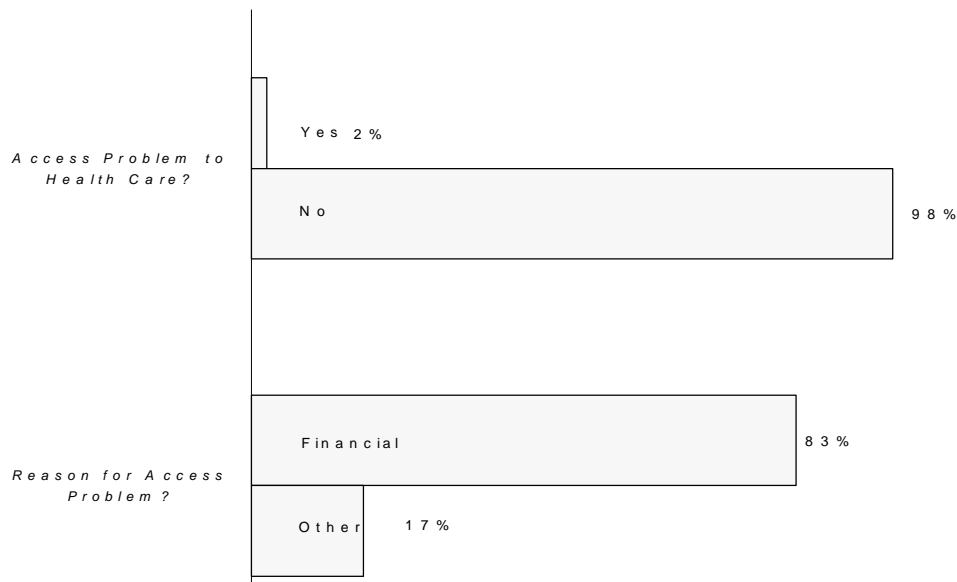
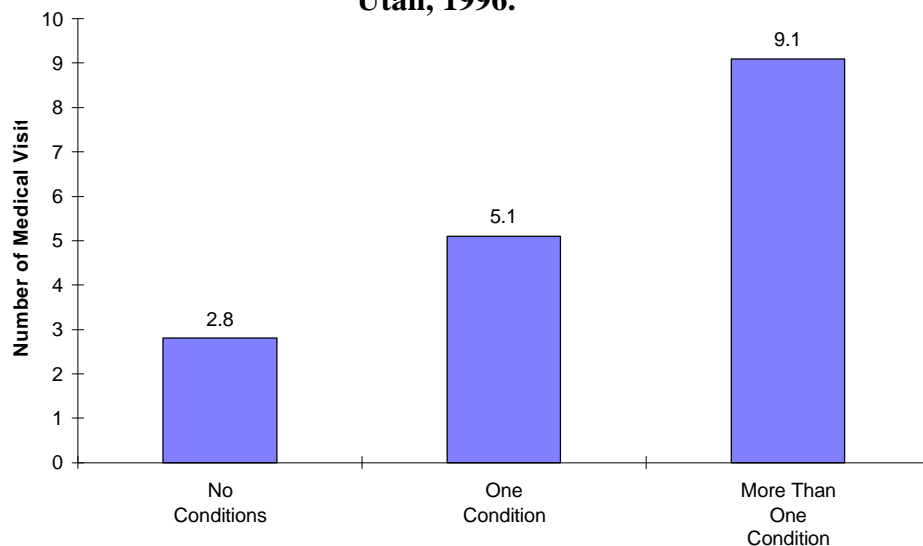
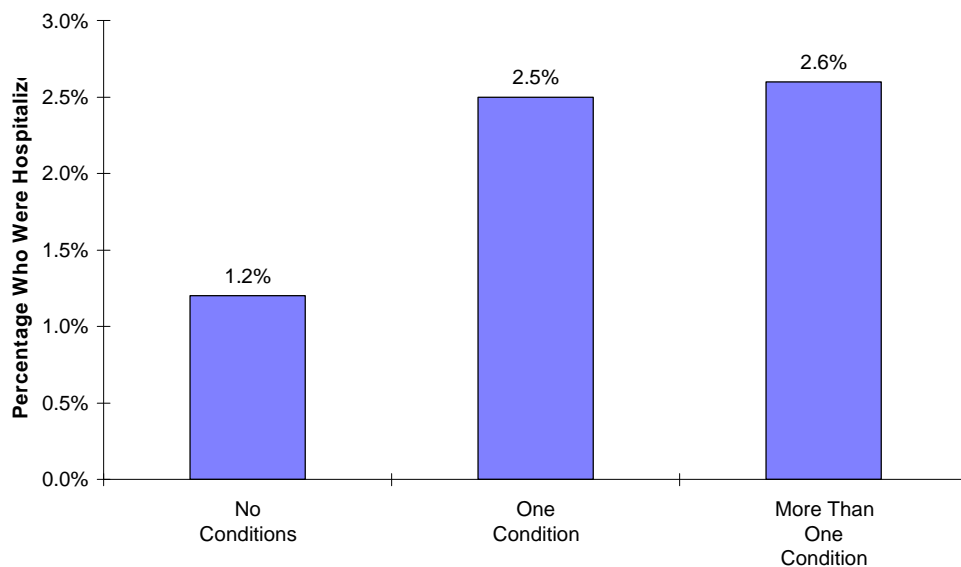


Figure 17. Average Annual Number of Medical Visits by Number of Chronic Conditions. Utah, 1996.



Source: 1996 Utah Health Status Survey, Utah Department of Health

Figure 18. Percentage of Persons Who Were Hospitalized in the Last 12 Months for Reasons Other Than Giving Birth. Utah, 1996.



Source: 1996 Utah Health Status Survey, Utah Department of Health